



Apricot Almond Bites

If the mixture gets warm and sticks to your hands while rolling, using pan spray on your hands. Store bites in an airtight container in the refrigerator.

U.S.

1 1/2 cup	Almonds, sliced
3/4 cup	Coconut Flakes, unsweetened
1 1/4 cup	Apricots, dried, no sugar added
1/2 Tbsp	Vanilla Extract
1 Tbsp	Water

Metric

130g
55g
200 g
8mL
15mL

Preparation:

1. Gather all ingredients and equipment.
2. In a food processor or blender, pulse the almonds until a rough meal. Then add in 1/2 cup of the coconut flakes and pulse for a smaller sandlike texture.
3. Add the apricots, vanilla extract and water to the mixture. Blend until a consistent paste.
4. Take 3/4 Tablespoon of the mixture (about the size of a quarter) and form into a ball. Roll the balls in the remaining 1/4 cup of the coconut flakes. Place the bites onto a flat surface.

Nutrition Facts

9 Servings

Serving size **2 balls**

Amount per serving

Calories **200**

Total Fat 13 g

 Saturated Fat 2.5 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 0 mg

Total Carbohydrate 19 g

 Dietary Fiber 5 g

 Total Sugars 13 g

 Includes 0g Added Sugars

Protein 5 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 300 mg

Phosphorus 0 mg
